

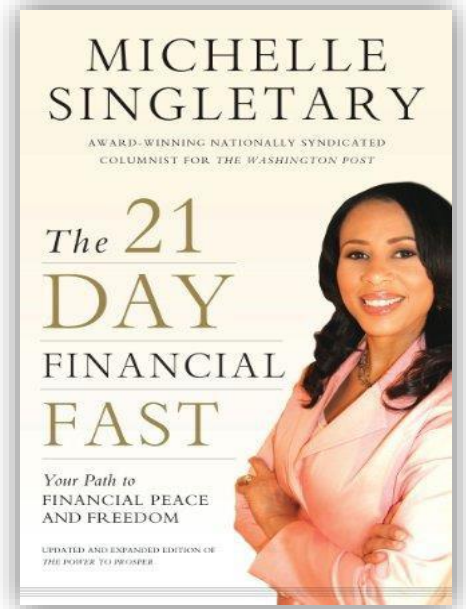
## **19 Day Financial Fast** March 6<sup>th</sup> – 24<sup>th</sup>

This information is extracted from the Book *The 21 Day Financial Fast* by Michelle Singletary.

Our financial health is important. From a Biblical perspective, how we manage our finances affects every aspect of our lives. The Bible has over 2300 verses that deal with finances. In fact, it is the most referenced topic in the Bible. This makes sense since the leading cause of divorce is financial stress.

The purpose of this financial fast is to help you gain a new perspective on how you use money and gain a new level of discipline in your use of credit. You will be encouraged to keep a journal and create a budget so that you can become a better steward of your finances.

As with most fasts, the first couple of days will be difficult. It is a detoxification process as you learn to rely less upon credit and debit cards. However, if you push through this fast and embrace it, you will experience a new level of financial freedom.



*Available on Amazon and at Barnes & Noble*

### **Explaining the Fast**

For 19 Days, you will refrain from any non---emergency or non---essential spending. An emergency (or essential item) is defined as food, hygiene, school supplies, cleaning supplies, medicine/medical supplies only.

### **This includes:**

- No going to the mall, retail establishments, online or window shopping.
- No restaurant, carry out or delivery meals including fast food and coffee.
- No movies or purchasing gifts or gift cards.
- No credit card or debit card use. Use cash only!

| Day   | Main Point   | Pledge  | Daily Assignment  |
|---|--|---|---|
| <b>Part One: Why a Financial Fast</b>             |  |   |   |
| March 6 <sup>th</sup> - Days to Financial Freedom | We need to be set free from the bondage spending holds on our lives. | For the next 19 days, I will be on a spending diet, I will not shop for anything except necessities. I will not use my credit card. I will limit or eliminate the use of my debit card. I will use cash for purchases that I will make during the fast. In this way, I will strive to break the chains that keep me from achieving financial freedom. | <input type="checkbox"/> Make a list of any potential obstacles that may prevent you from sticking to the fast and then decide how to eliminate them.<br><input type="checkbox"/> Complete the Daily Journal page.  |
| March 7 <sup>th</sup> – A Promise of Prosperity   | God promises prosperity  | To find the key to wealth, I have to understand that prosperity comes with conditions. I must follow God’s will and Word for my life.   | <input type="checkbox"/> Review the Ten Commandments (Exodus 20:3-17) and ask yourself these questions: <ul style="list-style-type: none"> <li>○ Have I broken this commandment in ways that have left me broke?</li> <li>○ Have I ignored a commandment and been robbed of financial peace?</li> </ul> <input type="checkbox"/> Complete the Daily Journal page. |
| March 8 <sup>th</sup> – God’s Generosity          | To whom much is given, much is required.                             | I will identify someone—a friend, family member, neighbor, or coworker—who needs help either with cash (I can afford to give away) or my time. I will use God’s generosity toward me as an example of how to be generous to others. As I prosper, I will share my wealth with others.   | <input type="checkbox"/> Think of at least one person who could use some help financially. Can you assist them in some small way?<br><input type="checkbox"/> Complete the Daily Journal page.  |
| March 9 <sup>th</sup> – Tithing Today             | Tithing is still applicable today.                                   | I will commit to tithing or recommit to tithing.  | <input type="checkbox"/> <b>Tithing:</b> <ul style="list-style-type: none"> <li>○ <b>If you’re not a tither</b>, make a list of the reasons why you don’t tithe. Also, add up all nonessential expenses you had in the last month (e.g., cable, eating out, etc.) How much are you spending on these? Then</li> </ul>   |

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| March 9 <sup>th</sup> cont'd                         |   |   | <p>figure out how much your tithes would be per month and compare this with the money you spent on nonessentials.</p> <ul style="list-style-type: none"> <li>○ <b>If you are already tithing</b>, are you tithing on your gross income? If not, take a look at your discretionary spending and consider cutting back so that you can tithe on the full amount of your “increase”.</li> <li>○ <b>If you already tithe on your gross income</b>, examine your offering or charitable contributions to other organizations. Are you giving as much as you can? Or are you tithing to the penny, while grouching that you can't or won't give another dime to anything else.</li> </ul> <p><input type="checkbox"/> Complete the Daily Journal page.</p> |
| <b>Part Two: Fasting for a Better Financial Life</b> |   |   |  |
| March 10 <sup>th</sup> – The Evils of Entitlement    | A sense of entitlement could be getting in the way of God blessing you. | Today, I'll think about something in my life that I did or purchased that I now realize was giving into a sense of entitlement. | <p><input type="checkbox"/> Think of an occasion where you gave in to your sense of entitlement. How much did your sense of entitlement cost you?</p> <p><input type="checkbox"/> List at least three things that you are grateful for. Then, in a specific prayer, give thanks to God for those blessings.</p> <p><input type="checkbox"/> Complete the Daily Journal page.</p>   |
| March 11 <sup>th</sup> – You Can't Buy Contentment   | Be content with what you have.  | Today, I promise I will not complain about anything I have.   | <p><input type="checkbox"/> Make a list of at least three things you've said lately that express a lack of contentment. Then ask God for forgiveness for not appreciating what you have.</p> <p><input type="checkbox"/> Clean sweep: Pick a room, closet, dresser, or toy bin and pull everything out. Sort everything into three piles: keep it, trash it, or give it. (Tip: Give or throw away everything you haven't used in the last year.)</p> <p><input type="checkbox"/> Complete the Daily Journal page.</p>  |
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| March 12 <sup>th</sup> – The Benefits of Budgeting | A budget is your roadmap to prosperity.                       | I will be diligent and develop a budget so that every penny I earn has a purpose.                | <input type="checkbox"/> Begin putting together a budget. (A sample worksheet is provided.) Aim to complete budget by the end of Day 11.<br><input type="checkbox"/> Complete the Daily Journal page.   |
| March 13 <sup>th</sup> – The Salvation of Saving   | There is a great reward in saving.                            | I will commit today to set aside a percentage of every paycheck for my savings.                  | <input type="checkbox"/> Saving: <ul style="list-style-type: none"> <li>○ If you're not regularly saving money, make a commitment to save at least <b>5 percent</b> of every paycheck.</li> <li>○ If you're already saving, consider increasing the amount you are putting aside.</li> </ul> <input type="checkbox"/> List the things you would like to do with the money you save. Then post the list somewhere you're likely to see it for continued motivation to save.<br><input type="checkbox"/> Complete the Net Worth Statement worksheet.<br><input type="checkbox"/> Complete the Daily Journal page. |
| March 14 <sup>th</sup> – Diversification Delivers  | Understand that when you invest, you put your money at risk.  | I will examine my investments to make sure I'm well diversified.                                 | <input type="checkbox"/> Investing: <ul style="list-style-type: none"> <li>○ Review your investment statements – including your retirement account and children's college fund. Is all your money in one or two baskets or have you invested in various asset classes?</li> <li>○ If you're not investing, make the commitment today to begin investing for your future (e.g., 401K, IRA, etc.)</li> </ul> <input type="checkbox"/> Complete the Daily Journal page.  |
| March 15 <sup>th</sup> – Marrying Your Money       | Together as one, you can become better stewards of your money | I will work with my spouse to develop a set of rules to govern how we handle our money together. | <input type="checkbox"/> Financial Partnership: <ul style="list-style-type: none"> <li>○ If you are married (or engaged), work together to come up with at least ten "House Rules" to handle your money as a couple. Then once, you're in agreement, put them on paper and keep handy for future reference.</li> <li>○ If you're not married, make a list of the financial qualities you'd like to have in a mate. Then create a list of the financial</li> </ul>   |

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|   |   |  | <p>issues you have and would like to improve upon before getting married.</p> <input type="checkbox"/> Complete the Daily Journal page.  |
| <p>March 16<sup>th</sup> – Leave a Legacy of Good Money Sense</p> | <p>Train your child to be a good money manager.</p> | <p>I will show my child by example what it means to be a good steward over money.</p>  | <input type="checkbox"/> Estimate the amount of time you’ve spent with your children at the mall/shopping and compare with the amount of time you’ve spent talking to them about budgeting, saving, or investing.<br><input type="checkbox"/> Come up a creative way to talk to your children (or a friend or relative’s children) about money.<br><input type="checkbox"/> Complete the Daily Journal page.   |
| <p><b>Part Three: Fasting to Avoid Financial Drama</b></p>        |   |  |  |
| <p>March 17<sup>th</sup> – The Devil is in the Debt</p>           | <p>Debt is dangerous.</p>                           | <p>I will complete a debt reduction worksheet.</p>   | <input type="checkbox"/> List every creditor, bank, relative, or field you owe money; be sure to include how much you owe each. Total the debt.<br><input type="checkbox"/> Use the Debt Dash Plan worksheet to come up with a strategy for paying off your debt.<br><input type="checkbox"/> Complete the Daily Journal page.   |
| <p>March 18<sup>th</sup> – The Curse of Credit</p>                | <p>Credit is dangerous.</p>                         | <p>I will review my credit card statements going back at least 3 months and examine my spending on my credit and debit cards.</p>  | <input type="checkbox"/> Pull out your credit card statements for the last three months (leading up to the fast.) Write down the total you spent each month<br><input type="checkbox"/> Really think about your credit card purchases, even if you pay off the bill every month. Would you make these same purchases if you were limited to cash?<br><input type="checkbox"/> Complete the Daily Journal page.   |
| <p>March 19<sup>th</sup> – Cosigning is Crazy</p>                 | <p>It is stupid to cosign.</p>                      | <p>I will not cosign with anyone other than my spouse. But if I decide to cosign for someone, I will make sure I can afford to pay the debt in full should the person default on the loan.</p> | <input type="checkbox"/> If you’ve cosigned and the person didn’t pay and now you are harboring ill will, pray today for God to remove your anger. Find a way to forgive the person for hurting you financially.<br><input type="checkbox"/> Make a promise to yourself that if you are ever asked to cosign and you are intent on doing the deal, you will at least ensure that you could handle the payments or payoff should the primary borrower fail to pay.<br><input type="checkbox"/> Complete the Daily Journal page. |

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| March 20 <sup>th</sup> – Guard Against Greed    | Greed blocks your path to prosperity.   | I will take an inventory of what I own so that I can guard against wanting more I will be on the lookout for things that pull me in the direction of greed. | <input type="checkbox"/> Think about at least two decisions you have made that could be traced to greed. How much did these decisions cost you?<br><input type="checkbox"/> Complete the Daily Journal page.   |
| March 21 <sup>st</sup> – The Caregiver Cliff    | Millions of US households contain someone caring for an older relative or friend. | I will take some time to learn about long---term care insurance and begin planning for any caregiving responsibilities that may fall to me.                 | <input type="checkbox"/> Investigate when and whether long-term care insurance is right for you. Look for unbiased information (not from someone or something that will benefit from your choice), such as articles from consumer groups, government agencies, or news stories.<br><input type="checkbox"/> Complete the Daily Journal page.   |
| <b>Part Four: Fasting for Financial Peace</b>   |   |   |  |
| March 22 <sup>nd</sup> – Perpetual Peace        | Trust that God will bring financial peace into your life.                         | I will identify at least one aspect of my finances and decide today to stop stressing about it.   | <input type="checkbox"/> Make a list of all your money worries; the issues that are robbing you of your peace.<br><input type="checkbox"/> Pick one thing from your list and pray about it. Ask God to show you a way to experience tranquility regarding the issue.<br><input type="checkbox"/> After you pray, do some research to determine how you might resolve the concern you've chosen.<br><input type="checkbox"/> Complete the Daily Journal page. |
| March 23 <sup>rd</sup> – Broken Bonds           | It's okay to embrace your wealth.   | I will stop worrying about not having enough money because God has so richly blessed me.  | <input type="checkbox"/> What bonds (e.g., shopping) keep you from accepting God's abundance in your life? Make a list of the things you can identify.<br><input type="checkbox"/> Commit to address at least one thing on your list.<br><input type="checkbox"/> Complete the Daily Journal page.   |
| March 24 <sup>th</sup> – Strengthen Stewardship | The better I handle the money I have, the more I may receive.                     | I will sign a quitclaim deed acknowledging that everything I have belongs to God  | <input type="checkbox"/> Identify one area of your finances where you have been a good steward, but where there's still room for improvement.<br><input type="checkbox"/> Determine what you can do to improve in that area.<br><input type="checkbox"/> Complete the Daily Journal page.  |

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| March 24 <sup>th</sup> – Relationships Rescued | Taking a break from consumption can help you focus on the most important relationships in your life. | I will call a close relative or friend with whom I have exchanged gifts in the past and come up with an agreement that on the next birthday, anniversary or holiday, we will not spend money on each other but spend time with each other instead. | <input type="checkbox"/> Think about all the people who are important to you. Have you spent more time shopping for these people than spending quality time with them? If you have, call one close relative or friend and agree that on the next special occasion where a gift may be expected, you will not spend money on each other but instead spend time with each other.<br><input type="checkbox"/> Complete the Daily Journal page. |
| March 24 <sup>th</sup> – Financial Freedom     | If you really want to know what you value, look at where you spend money.                            | I promise to find at least one other person to help go through the 21---day financial fast.  | <input type="checkbox"/> On this last day of the fast, calculate how much you've saved by not spending during these last twenty-one days.<br><input type="checkbox"/> Complete the Daily Journal page.  |
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